

Tuesday 19th January 2016

How we coach: The Coaching Fundamentals

Suey Smith County Coach Developer
(North Riding) (East Riding)

WRCFA, CPD @ The Grammar school, Leeds 7-9pm



Workshop Purpose/Outcomes

1. **Become familiar with the 13 Coaching Fundamentals and recognise their importance**
2. Relate the benefits of a games based approach to learning
3. Explore different ways to meet the needs of the player(s)
4. Self-reflection – Where are you now?



DNA CORE ELEMENTS



ENGLAND DNA

Group Task...

- Take a look at one of the Coaching Fundamentals, discuss with the person next to you, what it means to you and how you will use it within your coaching.
- You have 2 minutes to discuss with another coaching colleague
- Once the time is up find a new person, pick another fundamental and discuss,



ENGLAND DNA COACHING FUNDAMENTALS

DEVELOP PRACTICES THAT ENABLE THE PLAYERS TO MAKE LOTS OF DECISIONS

USE A POSITIVE AND ENTHUSIASTIC MANNER AT ALL TIMES

DELIVER REALISTIC GAME RELATED PRACTICES

USE GAMES WHENEVER POSSIBLE IN TRAINING GIVING THEM TIME TO PRACTICE AND EXTEND LEARNING

ENGAGE BEFORE THE SESSION OUTLINING THE AIMS, OBJECTIVES AND SPECIFIC TARGETS

INCLUDE ELEMENTS OF TRANSITION IN ALL PRACTICES AND SESSIONS WHERE POSSIBLE

CONNECT, ACTIVATE, DEMONSTRATE AND CONSOLIDATE IN EVERY SESSION

VALUE AND WORK ACROSS THE FA 4 CORNER MODEL WITH ATTENTION TO DETAIL

RECOGNISE THE IMPORTANCE OF THE PLANNING AND REVIEWING WITHIN THE COACHING PROCESS

USE AN APPROACH TO PRACTICE DESIGN THAT MAXIMISES PLAYING TIME

USE VARIED COACHING STYLE BASED ON OBSERVING THE NEEDS OF THE INDIVIDUALS AND THE GROUP

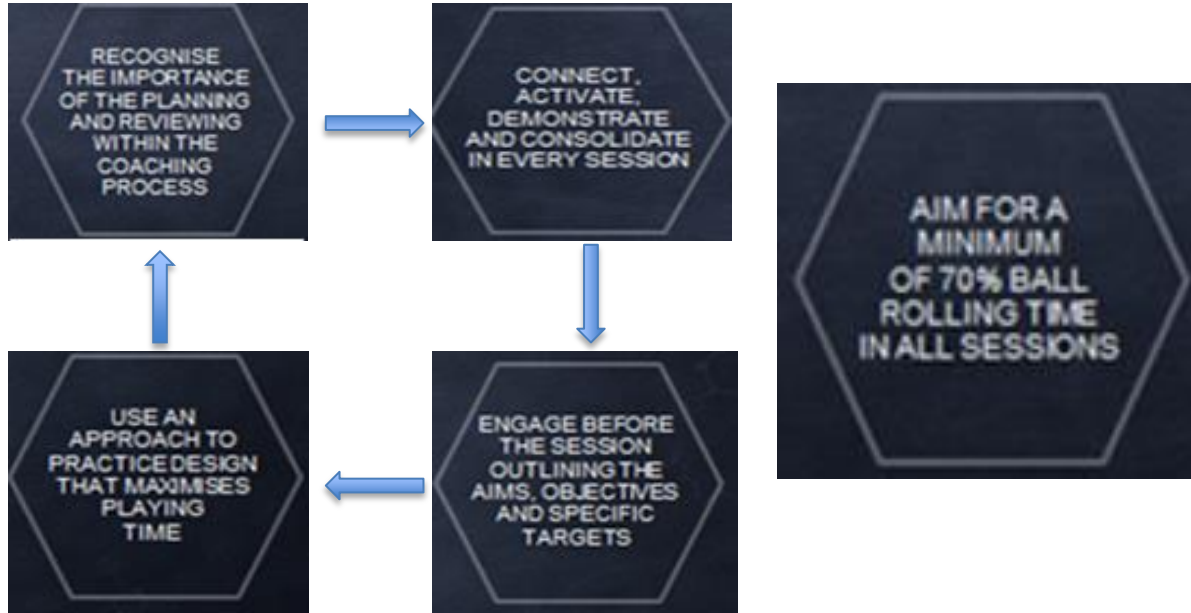
AIM FOR A MINIMUM OF 70% BALL ROLLING TIME IN ALL SESSIONS

ENSURE LEARNING IS PLAYER CENTRED THROUGH ACTIVE INVOLVEMENT



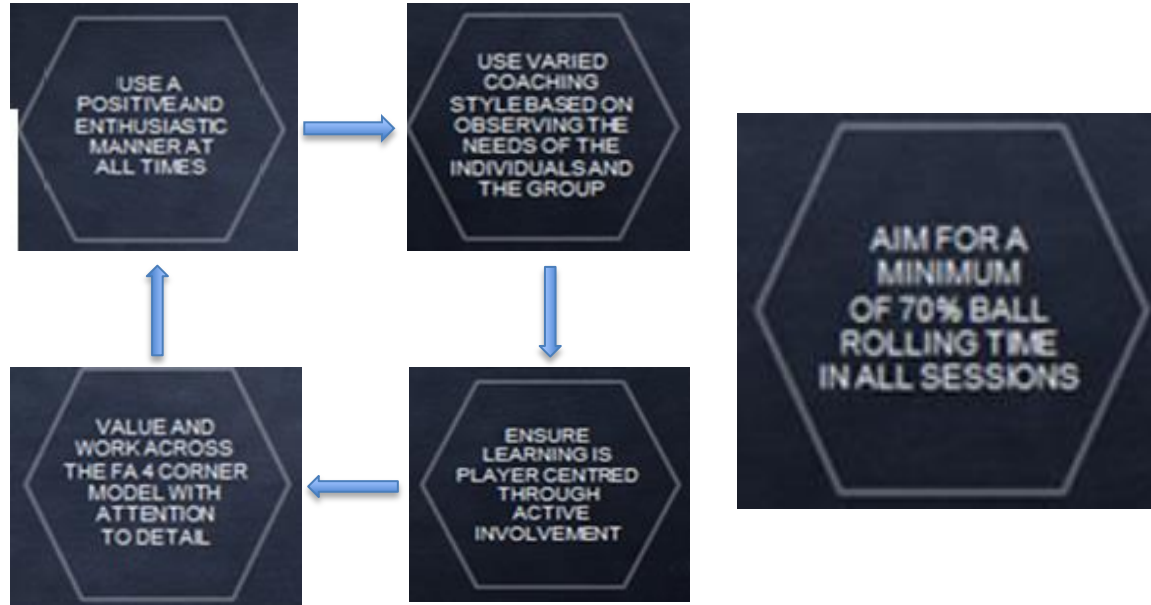
ENGLAND DNA

Practice Design and Review



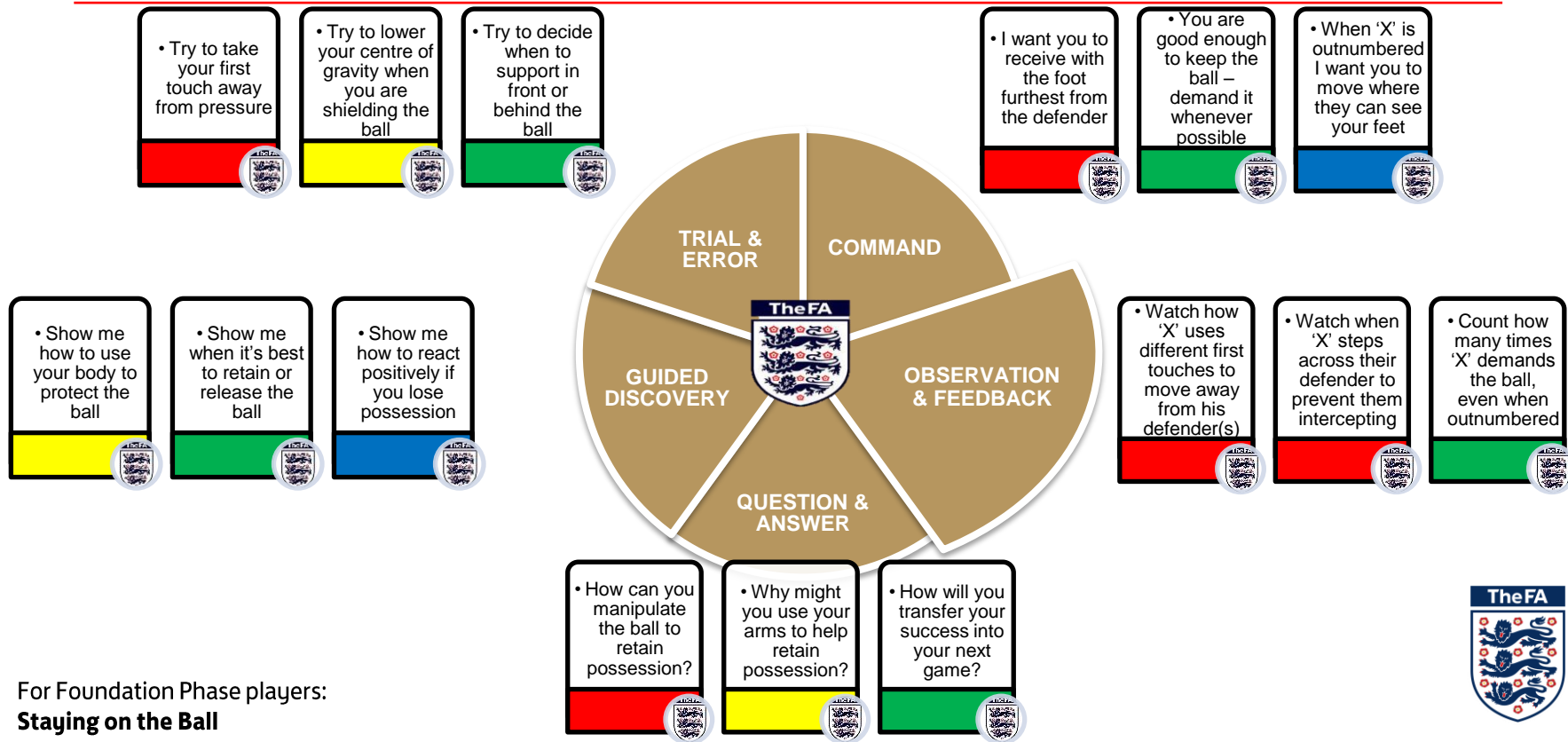
Plan...
Do...
Review...

Environment



**Focus on
the
player(s)**

'INTERVENTION WHEEL'



Coaching in action



Use game based activities wherever possible

Observation Tasks (Hand-out to link with practical delivery)

Environment

What coaching styles did you observe and were they effective?

Practice, Design

Maximise playing time, How many interventions were made? What type were used?

How long did they take?

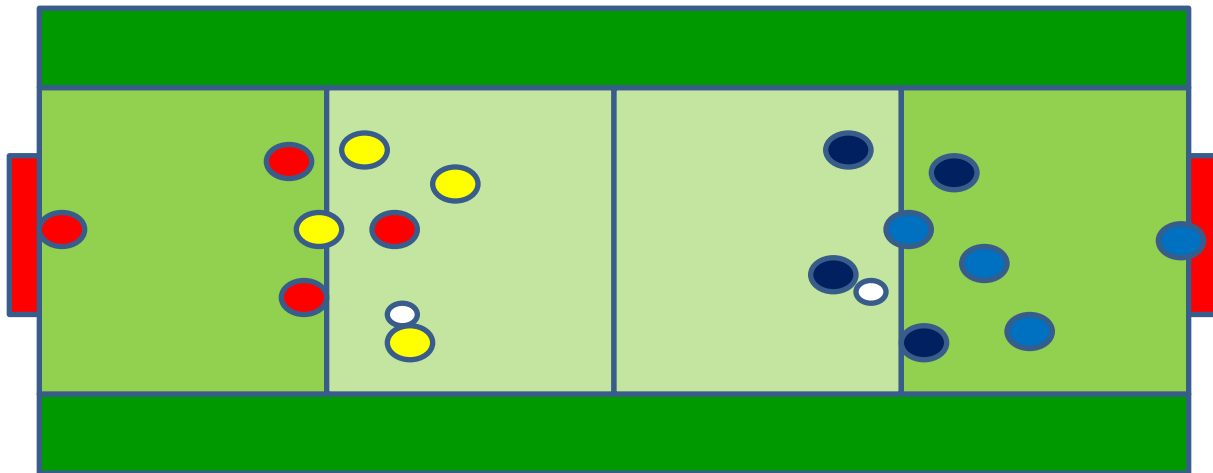
Coach in Action

What were the benefits to the coach and player during the games?



Strikers Receiving the ball back to goal

Part Practice



**Now lets go outside
and see it live.....**

Whole – Part – Whole approach

Foundation or Youth Development Phase focus

Q&A

- **Any Questions??**



Take Home Messages

- Take a Plan, Do, Review approach to your coaching
- Focus on the needs of the player(s)
- Use game based activities wherever/whenever appropriate



Want Some More?

- Talk to us about.....
 - FA Coach Mentor Programme
 - FA Skills Programme
 - Coach Education Bursaries (discounts on FA Level 2 and FA Youth Awards)
 - Grow the Game funding (£1,500 funding to set up a new team for 2016/17)
 - Upcoming CPD events



Want Some More?

- Upcoming CPD
 - Coaching Mixed Ability Players – 28th January (Wakefield)
 - Coaching Landscape Webinar – 25th February (county wide)
 - Coach in Action – 16th March (Bradford)
 - Psychology in Football – 30th March (Skipton)
 - Marieanne Spacey – 21st April (Harrogate)
 - Systems and Formations – 27th April (Halifax)
 - Engaging Parents – 16th May (Leeds)

<http://www.westridingfa.com/coaches/in-service-events>



Want Some More?

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